



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35165, Fish, whitefish, dried (Alaska Native)

Report Date: July 16, 2017 03:09 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	20.59	1	--
Energy	kcal	371	--	--
Energy	kJ	1551	--	--
Protein ¹	g	62.44	1	--
Total lipid (fat) ¹	g	13.44	1	--
Ash ¹	g	5.57	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca ¹	mg	810	1	--
Iron, Fe ¹	mg	4.10	1	--
Magnesium, Mg ¹	mg	85	1	--
Phosphorus, P ¹	mg	1040	1	--
Potassium, K ¹	mg	1080	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na ¹	mg	200	1	--
Zinc, Zn ¹	mg	5.00	1	--
Copper, Cu ¹	mg	0.180	1	--
Manganese, Mn ¹	mg	0.230	1	--
Selenium, Se ¹	µg	113.0	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin ¹	mg	0.053	1	--
Riboflavin ¹	mg	0.438	1	--
Niacin ¹	mg	11.200	1	--
Pantothenic acid ¹	mg	2.570	1	--
Vitamin B-6 ¹	mg	0.365	1	--
Folate, total ¹	µg	11	1	--
Folic acid	µg	0	1	--
Folate, food ¹	µg	11	1	--
Folate, DFE	µg	11	--	--
Choline, total ¹	mg	205.6	--	--
Betaine ¹	mg	88.3	1	--
Vitamin B-12 ¹	µg	18.40	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	39	--	--
Retinol	µg	39	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	131	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) ¹	mg	0.66	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta ¹	mg	0.00	1	--
Tocopherol, gamma ¹	mg	0.00	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Tocopherol, delta ¹	mg	0.00	1	--
Vitamin K (phylloquinone) ¹	µg	1.3	1	--
Lipids				
Fatty acids, total saturated	g	2.850	--	--
8:0 ¹	g	0.000	1	--
10:0 ¹	g	0.000	1	--
12:0 ¹	g	0.060	1	--
14:0 ¹	g	0.320	1	--
15:0 ¹	g	0.090	1	--
16:0 ¹	g	1.900	1	--
17:0 ¹	g	0.080	1	--
18:0 ¹	g	0.400	1	--
20:0 ¹	g	0.000	1	--
22:0 ¹	g	0.000	1	--
24:0 ¹	g	0.000	1	--
Fatty acids, total monounsaturated	g	4.380	--	--
14:1 ¹	g	0.010	1	--
15:1 ¹	g	0.020	1	--
16:1 undifferentiated ¹	g	1.420	1	--
17:1 ¹	g	0.000	1	--
18:1 undifferentiated ¹	g	2.450	1	--
20:1 ¹	g	0.390	1	--
22:1 undifferentiated ¹	g	0.070	1	--
24:1 c ¹	g	0.020	1	--
Fatty acids, total polyunsaturated	g	2.160	--	--
18:2 undifferentiated ¹	g	0.260	1	--
18:3 undifferentiated ¹	g	0.280	1	--
18:4 ¹	g	0.060	1	--
20:2 n-6 c,c ¹	g	0.050	1	--
20:3 undifferentiated ¹	g	0.050	1	--
20:4 undifferentiated ¹	g	0.170	1	--
20:5 n-3 (EPA) ¹	g	0.420	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
21:5 ¹	g	0.010	1	--
22:4 ¹	g	0.030	1	--
22:5 n-3 (DPA) ¹	g	0.180	1	--
22:6 n-3 (DHA) ¹	g	0.650	1	--
Cholesterol ¹	mg	266	1	--
Amino Acids				
Tryptophan ¹	g	0.580	--	--
Threonine ¹	g	2.470	--	--
Isoleucine ¹	g	2.260	--	--
Leucine ¹	g	4.110	--	--
Lysine ¹	g	4.770	--	--
Methionine ¹	g	1.740	--	--
Cystine ¹	g	0.500	--	--
Phenylalanine ¹	g	2.340	--	--
Tyrosine ¹	g	1.740	--	--
Valine ¹	g	2.610	--	--
Arginine ¹	g	3.610	--	--
Histidine ¹	g	1.300	--	--
Alanine ¹	g	3.780	--	--
Aspartic acid ¹	g	5.670	--	--
Glutamic acid ¹	g	8.100	--	--
Glycine ¹	g	4.370	--	--
Proline ¹	g	2.980	--	--
Serine ¹	g	2.340	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD